


# THE SENIOR CENTER CALENDAR – AUGUST 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOURS OF OPERATION:</b> <u>Mondays</u> 7:30 a.m. – 5:00 p.m. <u>Tuesday - Fridays</u> 8:30 a.m. – 5:00 p.m.	<b>We are collecting SCHOOL SUPPLIES this month for Spindale Elementary</b>		9:00 Needlework <b>10:30 USE IT OR LOSE IT</b> 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance <b>1:00 JUST DANCE</b>	8:45 Aerobics 9:00 SilverStriders 10:00 Fun/Fellowship/Singing 12:30 Slow-moving Exercise <b>1:00 MOVIE TIME: RV</b> <b>NATIONAL ROOT BEER FLOAT DAY</b>
<b>NATIONAL BARGAIN HUNTING WEEK &amp; NATIONAL SMILE WEEK - AUGUST 5 – 11</b>				
8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise <b>5:30 ZUMBA</b>	9:00 Needlework 10:00-11:00 Computer Assistance 10:00 Yoga <b>10:30 USING COUPONS 101</b> <b>1:00 TV TIME: THE LUCY SHOW</b>	8:30 Wednesday Walk 8:45 Aerobics <b>9:00 TRIP: BARGAIN SHOPPING</b> 9:00 Stitchery 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	9:00 Needlework <b>10:30 SAVING MONEY 101</b> 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance <b>1:00 JUST DANCE</b>	8:45 Aerobics 9:00 SilverStriders 10:00 Fun/Fellowship/Singing <b>11:15 CHAIR EXERCISE</b> 12:30 Slow-moving Exercise <b>1:00 BUTTERBEAN AUCTION</b>
8:45 Aerobics <b>9-11 BLOOD PRESSURE CHECK</b> 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise <b>5:30 ZUMBA</b>	9:00 Needlework 10:00-11:00 Computer Assistance 10:00 Yoga <b>10:15 HERBS, HERBS, HERBS - PART II</b> By: Jan McGuinn <b>1:00 Wii FUN</b>	8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery 10:00 Line Dancing <b>10:30 KOOL-AID &amp; LAUGHS</b> 12:30 Oil Art Group 12:30 Slow-moving Exercise	9:00 Needlework <b>10:30 CHAIR VOLLEYBALL</b> 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance <b>1:00 JUST DANCE</b> <b>5:15 MEET &amp; EAT: MARIO'S</b>	8:45 Aerobics 9:00 SilverStriders 10:00 Fun/Fellowship/Singing <b>10:30 BOOK CLUB</b> 12:30 Slow-moving Exercise
8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet <b>10:30 RECIPE CLUB</b> 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise <b>1:00 ICE CREAM SHOP</b> <b>5:30 ZUMBA</b>	9:00 Needlework 10:00-11:00 Computer Assistance 10:00 Yoga <b>10:30 COOKING WITH HERBS:</b> By: Tracy Davis <b>1:00 Wii FUN</b>	8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery <b>9:30 TEA PARTY</b> 10:00 Line Dancing <b>10:30 CRAFT: MAKING ANGELS</b> 12:30 Oil Art Group 12:30 Slow-moving Exercise	9:00 Needlework <b>10:30 TONEY TOURS INFO.</b> <b>11:10 TELL ABOUT YOUR ANGEL</b> 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance <b>1:00 JUST DANCE</b> <b>1:00 RED, WHITE, &amp; TUNA</b> <b>MATINEE DRESS REHEARSAL</b> <b>BE AN ANGEL DAY</b>	8:45 Aerobics 9:00 SilverStriders 10:00 Fun/Fellowship/Singing 12:30 Slow-moving Exercise <b>1:00 TABLE TENNIS</b> <b>7:00 RED, WHITE, &amp; TUNA</b> <b>EVENING PERFORMANCE</b>
8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise <b>5:30 ZUMBA</b>	9:00 Needlework 10:00-11:00 Computer Assistance 10:00 Yoga <b>10:30 WHAT IS YOUR JOB LINE?</b> <b>11:15 CHAIR EXERCISE</b>	8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery 10:00 Line Dancing <b>10:30 USE IT OR LOSE IT</b> 12:30 Oil Art Group 12:30 Slow-moving Exercise	9:00 Needlework <b>10:30 HOW SOUTHERN R U?</b> 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance <b>1:00 JUST DANCE</b>	8:45 Aerobics 9:00 SilverStriders 10:00 Fun/Fellowship/Singing <b>11:30 BIRTHDAY RECOGNITION</b> 12:30 Slow-moving Exercise <b>7:00 BEACH PARTY DANCE</b>
<b>DAILY DROP-IN EVENTS</b> Billiards      Table Tennis      Newspaper & Magazines      Medical Equip.      Library Board Games      Playing Cards      Coupon Room      Exercise Equipment      Puzzles Bocce Ball      Walking Trail      Computer Lab      TV & Conversation Horseshoes      Shuffleboard      Chair Fitness Videos      Public Transportation Stop			<div style="border: 1px dashed black; padding: 10px; text-align: center;"> <b>For Additional Information Call 287-6409</b> </div>	

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